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**Pregnancy & Disordered Eating Behaviours: A midwifery led pathway**

Disordered eating behaviours (DEB) are complex lifelong mental health conditions including, but not limited to, Bulimia and Anorexia Nervosa, Binge Eating Disorder, Orthorexia, PICA and Other Specified Feeding and Eating Disorders. Within Australia, 63% of women are diagnosed DEB, with many more undiagnosed. Increased physical and hormonal changes in pregnancy may exacerbate DEB symptoms or cause a relapse. DEB may result in micronutrient deficiency, miscarriage, preterm birth, small or large for gestational age, low APGARS and microcephaly. Postnatal risks include anxiety, depression, lower rates of breastfeeding, alongside relevant morbidities associated with the DEB.

This issue will be addressed by implementing DEB screening using the Disordered Eating Behaviours Tool (DEBs Tool) and midwifery specific training to support implementation. Screening will occur antenatally from 16 to 21 weeks' gestation, for a history of or current DEB. Where identified, the midwife will refer to a hospital in-service obstetric, psychology and dietician team. Training for midwives includes DEB awareness, confidence with administering the DEBs tool, referral pathways, use of safe language regarding body, and blind weighing (where weighing is clinically indicated). Evaluation will include examining the referrals generated, supports required, staff confidence and women’s experiences of care.

This policy will help quantify the number of Canberran women affected by DEB during pregnancy and supports required to provide optimal care. Data will support further research, which is currently limited and contribute to a discussion to include DEB in the ACM National Midwifery Guidelines for Consultation and Referral.

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